THE COUNTRY COOKING

Recipe Collection

PRIZE-WINNING BEEF

Country Cooking—at Its Best...and Easiest!

WELCOME to *Prize-Winning Beef*, part of the Country Cooking Recipe Collection! Your family *and* you are in for a treat.

On the following pages are 32 recipe cards (in *full color* so you can see exactly what the finished dish you serve will look like) for beef that will quickly become family favorites at your table. How can we be so sure? Because each is already the No. 1 favorite beef dish of a different cook's family across the country. (Look on the back of each card to "meet" that cook.)

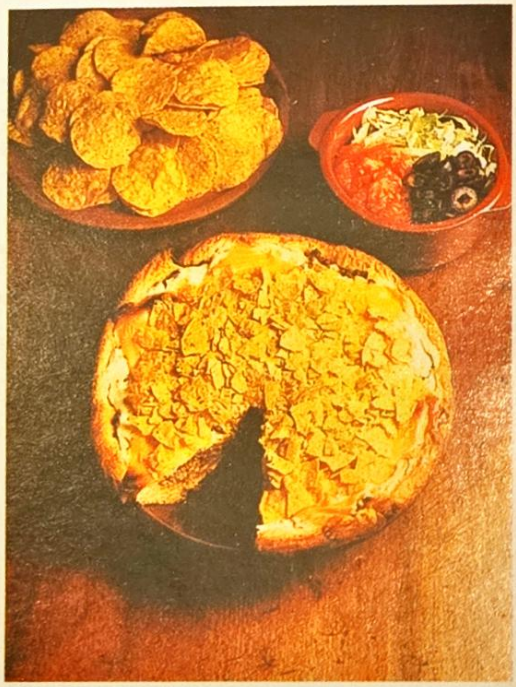
What's more, you'll like these recipes as much as your family does. Almost all of them call for basic ingredients you already have on hand (so you can make them *tonight* if you like). And all of them have easy-to-follow, step-by-step directions pretested for you in our own Reiman Publications kitchen.

It's *Prize-Winning Beef*...and now it's yours!

MILE-HIGH SHREDDED BEEF

- 1 chuck roast *or* round steak (3 pounds)
- Vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 2 cups beef broth *or* bouillon
- 1 garlic clove, minced
- 1 teaspoon salt
- 3/4 cup ketchup
- 4 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 teaspoon dry mustard
- 1/2 teaspoon chili powder
- 3 drops hot pepper sauce
- 1 bay leaf
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce

QUICK CRESCENT TACO PIE



- 1-1/4 pounds lean ground beef
- 1 package taco seasoning mix
- 1/2 cup water
- 1/2 cup chunky salsa
- 1 can (8 ounces) refrigerated crescent rolls
- 1-1/2 cups crushed corn chips, *divided*
- 1 cup (8 ounces) sour cream
- 6 slices American cheese
- Shredded lettuce
- Sliced ripe olives
- Diced tomatoes

Brown meat in a large skillet; drain. Add seasoning mix, water and salsa; simmer for 5 minutes. Spread the crescent roll dough in a 10-in. pie plate to form crust; press edges together at seams. Sprinkle 1 cup corn chips over crust. Spoon

In a Dutch oven, brown beef in oil on both sides. Add onion and celery when meat is almost browned. Add broth; cover and simmer 3-4 hours or until meat is tender. Remove meat; cool and shred. Drain vegetables, reserving 1-1/2 cups broth. Skim off any fat. Return the meat, vegetables and broth to Dutch oven; add the remaining ingredients. Simmer until heated through. (Keeps well in a slow cooker on low heat.) Remove bay leaf before serving. **Yield:** 8 servings.

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Betty Sitzman, Wray, Colorado
Mile-High Shredded Beef

This recipe is a standby we've fed to many a branding crew. It's hearty and filling—important requirements when you're feeding a bunch of cowboys!

My husband and I finish about 800 head of beef cattle a year, and grow corn for our feedlot on 1,300 acres of irrigated land.

meat mixture over chips. Spread sour cream on top. Cover with cheese slices; sprinkle with remaining corn chips. Bake at 375° for 20 minutes or until crust is golden brown. Serve with lettuce, olives and tomatoes. **Yield:** 6-8 servings.

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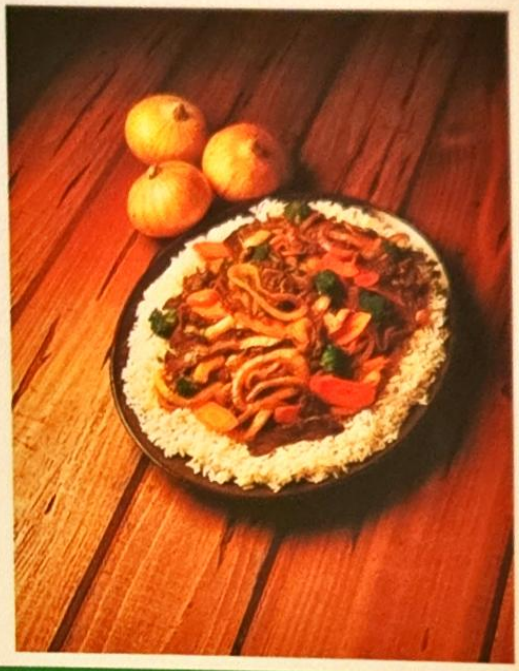
Jean Moeller, Pipestone, Minnesota
Quick Crescent Taco Pie

My husband and two teenage sons put in long hours on our farm and are *big* eaters. But this taco pie, along with a salad, makes a quick, easy meal that satisfies everyone! It's become a family favorite.

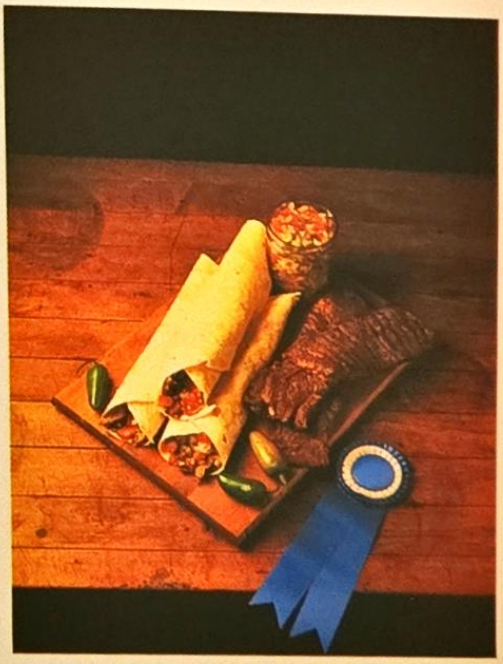
BEEF AND ONION STIR-FRY



1 pound lean beef steak (flank, sirloin *or* top round) cut into 1/4-inch-thick strips
1 teaspoon salt
1 egg white
1 tablespoon cornstarch
Vegetable oil
3 cups sliced mild onions
Broccoli florets and sliced carrots, optional
1 tablespoon dry wine *or* sherry *or* wine vinegar
1 tablespoon sugar
4 tablespoons soy sauce

Combine beef, salt, egg white and cornstarch. Mix well with hands; set aside. Heat about 2 in. of oil to 375° in a wok or deep skillet. Stir-fry beef, small amounts

FAJITAS



1 or 2 beef flank steaks (2-1/2 pounds)
Juice of 1 lime
12 ounces beer
1 cup bottled Italian salad dressing
Teriyaki Baste and Glaze
12 flour tortillas, warmed
1 large tomato, chopped
1 large green pepper, chopped
1 onion, chopped
Picante sauce, optional

Place steak in a flat pan. Combine lime juice, beer and Italian dressing; pour over steak. Marinate for 2-3 hours. Drain. Grill meat, turning once, for about 5 minutes, depending on thickness. Brush with teriyaki glaze. Slice thin, on a diagonal, and place in tortillas with

at a time, until lightly browned; drain on paper towels. Lower temperature to 350°; add additional oil if necessary and stir-fry the onions until soft and well browned. Remove. If desired, add broccoli and carrots and stir-fry until crisp-tender. Return beef and onions. Add wine, sugar and soy sauce. Stir-fry at 425° for 2 minutes or until beef is glazed and brown. **Yield:** 4 servings.

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Brenda Masters, Palmyra, Missouri
Beef and Onion Stir-Fry

I really like this recipe because it's very easy, very fast...and my husband enjoys helping me make it. I use my wok whenever I can, and I'm always experimenting with new stir-fry dishes.

chopped tomato, green pepper and onion. Fold up to enclose meat and vegetables. Serve with picante sauce if desired. **Yield:** 6 servings.

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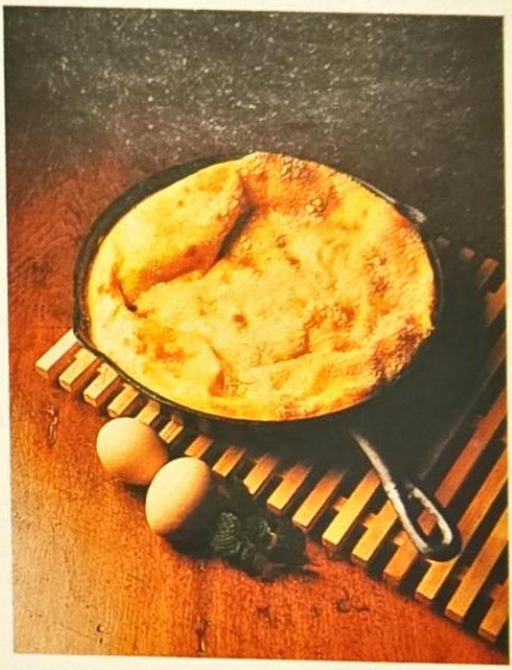
Mrs. Richard Moore, Brownsville, Texas
Fajitas

This recipe is very popular in our area. Fajitas (pronounced fa-hee-tas) are also becoming popular "up north". Everyone here seems to have their own special way of preparing them, and fajita cook-offs give us a chance compare methods and tastes.

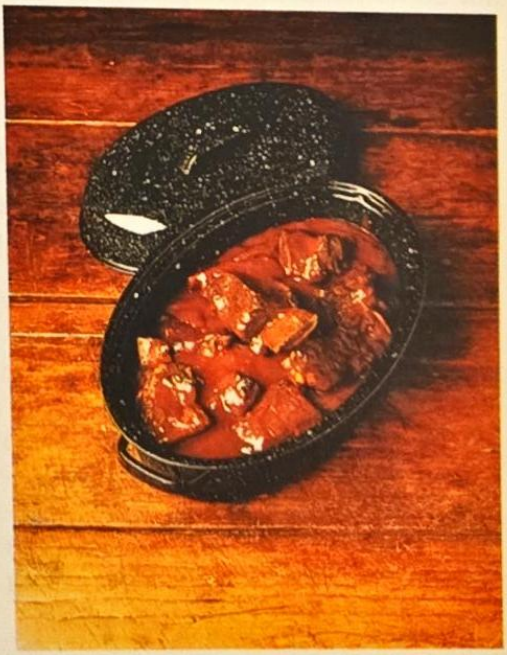
We like fajitas with beans, Spanish rice, guacamole and tortilla chips. Hope you enjoy them!

POP-UP PIZZA PIE



1-1/2 pounds lean ground beef
1 cup chopped onion
1 cup chopped green pepper
1 garlic clove, minced
1/2 teaspoon dried oregano
1/2 cup water
1/8 teaspoon hot pepper sauce
1 can (15 ounces) tomato sauce
1 envelope spaghetti sauce mix
1 cup milk
1 tablespoon vegetable oil
2 eggs
1 cup all-purpose flour
1/2 teaspoon salt
6 to 8 ounces sliced mozzarella *or* Monterey Jack cheese
1/2 cup grated Parmesan cheese

BIG SKY COUNTRY RIBS



3 to 4 pounds beef ribs
1 medium onion, minced
1 can (10-3/4 ounces) tomato soup, undiluted
1 cup water
1/4 cup vinegar
1/4 cup Worcestershire sauce
1-1/4 cups ketchup
1/4 teaspoon ground cinnamon
1-1/2 teaspoons paprika
1/2 teaspoon pepper
1-1/2 teaspoons chili powder
1/4 teaspoon ground cloves
1/8 teaspoon cayenne pepper
1 teaspoon bottled steak sauce
1-1/4 tablespoons vegetable oil
2 tablespoons brown sugar
Salt to taste

In large skillet, brown the ground beef. Drain well. Stir in onion, green pepper, garlic, oregano, water, hot pepper sauce, tomato sauce and spaghetti sauce mix; simmer for 10 minutes, stirring occasionally. Set aside. In small mixing bowl, combine milk, oil and eggs; beat 1 minute at medium speed. Add flour and salt; beat 2 minutes at medium speed until smooth. Pour hot meat mixture into an ungreased ovenproof skillet or baking pan. Top with sliced cheese. Pour batter over cheese, covering filling completely. Sprinkle with Parmesan cheese. Bake at 400° for 25-30 minutes or until puffed and deep golden brown. Serve immediately. **Yield:** 10 servings.

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Catherine Beach, Redfield, Iowa
Pop-Up Pizza Pie

I work at a full-time job all week long, so finding quick and tasty recipes for my family that I can make in a hurry is important to me…and this dish fits the bill perfectly! Everyone likes this particular pie—especially me…I simply love pizza, hamburger and casseroles!

Brown ribs in broiler pan of oven at 400° for 30-45 minutes. (May do on barbecue grill.) Drain off fat. Meanwhile, combine remaining ingredients in a saucepan; simmer for about 10 minutes. Cover ribs with sauce. Bake at 300° for 2-3 hours, basting occasionally. Baste with sauce as ribs darken. **Yield:** 6-8 servings.

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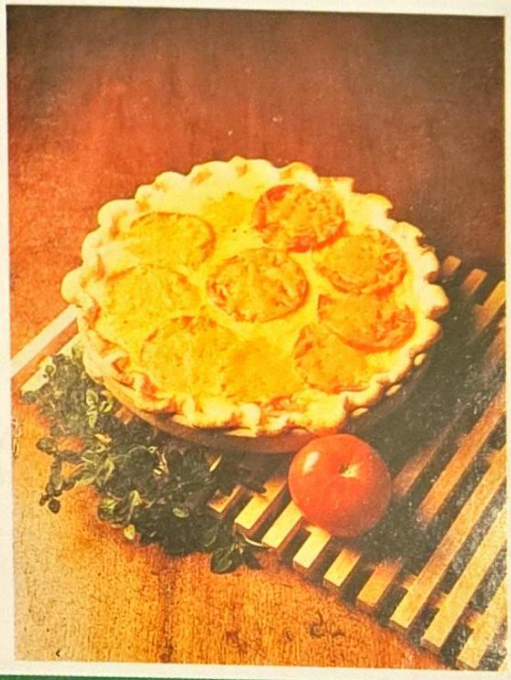
Carolyn Weinberg, Custer, Montana
Big Sky Country Ribs

Montana country folks all believe they raise the *best* beef you can get anywhere. We're no different—we raise our own and truly enjoy it!

Big Sky Country people are also known for barbecuing a lot in the summer. I think it's because of our cowboy heritage! One of our favorites is these ribs…and I can't help smiling whenever I make the sauce—the recipe came from an insurance salesman!

He stopped by one day, and the conversation got around to country cooking. When I mentioned that I'd tried a lot of barbecue sauce recipes without finding one I really like, he promptly wrote this one down for me.

CHEESEBURGER PIE

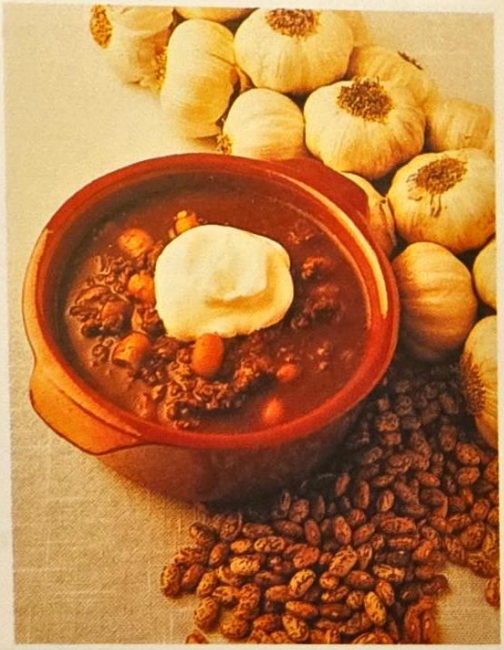


DOUGH:
- 1 cup biscuit mix
- 1/4 cup cold water

FILLING:
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 tablespoons butter *or* margarine
- 1/2 cup lean ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons biscuit mix
- 1 tablespoon Worcestershire sauce
- 2 eggs
- 1 cup small curd cottage cheese (drain excess liquid)

TOPPING:
- 2 medium tomatoes, thinly sliced

GOURMET CHILI



- 1-1/2 cups dry pinto beans*
- 2 quarts water
- 1/2 pound ground pure beef suet
- 1 large sweet onion, finely chopped
- 2 pounds lean beef, coarse ground *or* cut into 1/4-inch cubes
- 6 tablespoons chili powder *or* to taste
- 8 teaspoons cumin powder *or* 1-1/2 tablespoons cumin seed
- 8 tablespoons paprika
- 1 teaspoon white pepper
- 1 teaspoon salt *or* to taste
- 6 garlic cloves, crushed *or* 2 teaspoons garlic powder
- 1 teaspoon cayenne pepper *or* to taste

1 cup (4 ounces) shredded cheddar cheese

In a bowl, mix biscuit mix and cold water until a soft dough forms; beat vigorously for 20 strokes. Gently smooth dough into a ball on a floured, cloth-covered board. Knead five times. Roll dough 2 in. larger than an inverted 9-in. deep-dish pie plate. Ease into plate; flute edge if desired. In a skillet, saute onion and green pepper in butter until tender (do not brown). Remove and set aside. Brown ground beef in the same skillet; drain. Remove from the heat; stir in onion and green pepper, salt, pepper, biscuit mix and Worcestershire sauce. Spoon into crust; set aside. Mix eggs and cottage cheese; pour over beef mixture. Arrange tomato slices in circle on top; sprinkle with cheese. Bake at 375° for 30 minutes or until set. **Yield:** 6-8 servings.

Margery Bryan, Royal City, Washington
Cheeseburger Pie

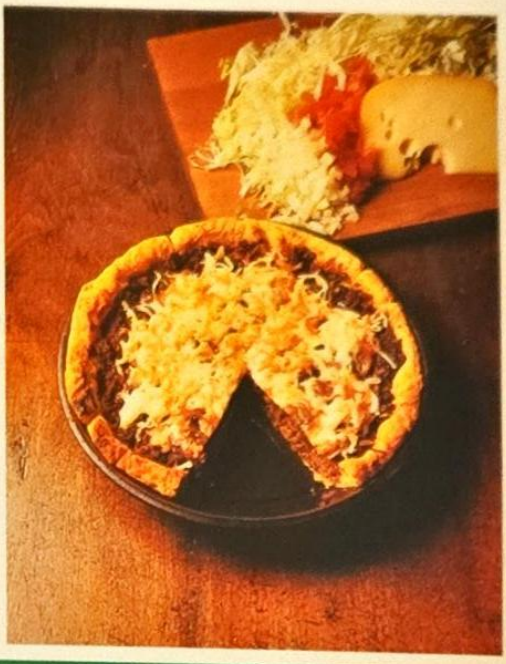
This dish wins raves when I take it to potlucks and Cow-Belle meetings. I won our local newspaper's recipe contest with it a few years ago.

2 tablespoons unsweetened baking cocoa
1 can (4 ounces) chopped green chilies
1 cup tomato juice, optional
Sour cream

(*Can substitute 2 cans, 15-1/2 ozs. each, pinto beans and 2 quarts of water.) Soak dry beans in water to cover overnight; drain. Add 2 qts. water; simmer, covered, for 1-1/2 to 2 hours or until done. Drain, reserving 1 cup of cooking liquid; set aside. In large 3-qt. Dutch oven or heavy kettle, melt suet. Add onion; saute over medium heat until transparent. Add meat and brown, stirring often. Drain all but 2 tablespoons of drippings; add seasonings, cocoa and chilies. Cover; simmer for 1-1/2 hours, stirring often. Add tomato juice to keep chili to a medium consistency. If a thinner chili is desired, use reserved bean juice. To serve, add warm pinto beans to chili or serve as a side dish. Add a dollop of sour cream on each bowl. This is a spicy, meaty chili. **Yield:** 2 quarts.

Don Easley, Defiance, Ohio
Gourmet Chili

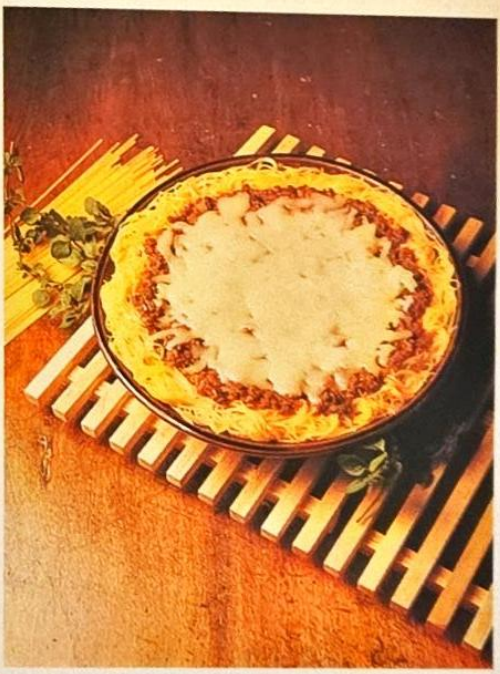
TOSTADA GRANDE



- 1 pound lean ground beef
- 2 tablespoons taco *or* chili seasoning mix
- 1 can (8 ounces) tomato sauce
- 1 can (4 ounces) chopped green chilies, drained
- 3 to 4 drops hot pepper sauce
- 1 can (8 ounces) refrigerated crescent rolls *or* 1 can (7.5 ounces) refrigerated biscuits
- 1 cup refried beans
- 1/2 cup *each* shredded cheddar and mozzarella cheese
- 1/2 head lettuce, shredded
- 1 large tomato, chopped
- 1 small onion, chopped

In large skillet, brown ground beef; drain well. Stir in seasoning mix, tomato sauce,

SPAGHETTI PIE



- 1 package (7 ounces) spaghetti
- 2 tablespoons butter *or* margarine
- 1/3 cup grated Parmesan cheese
- 2 eggs, well beaten
- 1 cup cottage cheese
- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 jar (15-1/2 ounces) spaghetti sauce
- 1/2 cup shredded mozzarella cheese

Cook spaghetti according to package directions; drain. Add butter, Parmesan cheese and eggs. Place in a 10-in. pie plate to form a crust. Microwave on high for 2 minutes. Spread cottage cheese over crust. Set aside. In microwaveable colander, cook beef on high for 5 min-

chilies and hot pepper sauce; heat until hot and bubbly. Simmer, uncovered, for 15 minutes or until mixture thickens. Lightly grease 9-in. or 10-in. pie plate. Separate rolls or biscuits; arrange in pans. Press over bottom and up sides to form crust. Spread beans over dough; top with meat mixture. Bake at 375° for 18-22 minutes or until crust is golden brown. Sprinkle immediately with cheese. Garnish with lettuce, tomato and onion. **Yield:** 4-6 servings.

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Jenny Nichols, Conroe, Texas
Tostada Grande

This all-in-one-dish dinner is a wonderfully hearty meal. It's so nicely seasoned, and the refried beans add flavor and substance to the ground beef filling. I don't have much time for cooking between going to college and working, so this recipe is a real time-saver for me.

utes; drain all fat. Add onion and green pepper; microwave on high for 2-3 minutes. Stir in spaghetti sauce; microwave, covered, on high for 5-7 minutes. Stir; spoon over cottage cheese. Microwave pie for 6-8 minutes, turning once. Sprinkle mozzarella cheese on top. Microwave on high for 1 minute or until cheese melts. **Conventional Method:** Follow procedure above, using skillet to cook meat on stove, but do not prebake the spaghetti crust. Layer ingredients according to instructions. Bake, uncovered, at 350° for 20 minutes. Sprinkle cheese on top; return to the oven for 5 minutes. **Yield:** 6 servings.

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Ellen Vandyne, Sistersville, West Virginia
Spaghetti Pie

With a salad, this spaghetti pie makes a wonderful dinner. If you're short on time, you'll like this recipe because it's so quick—especially if you microwave the ingredients. I usually cook some extra noodles and freeze them to use later in this same recipe. That way, my husband and I can come in from our dairy barn and have dinner ready in just a few minutes.

SHREDDED BARBECUED BEEF

- 5 pounds chuck roast
- 1/2 cup packed brown sugar
- 1/4 cup cider vinegar
- 2 cups water
- 2-3/4 cups ketchup
- 1 tablespoon dry mustard
- 1 large onion, chopped
- 1 to 2 garlic cloves, minced
- Sesame buns
- Sliced red onion
- Shredded sharp cheddar cheese

Combine the roast, brown sugar, vinegar and water in a 6-qt. cast-iron or other heavy ovenproof pot. Bake at 375° for 3 hours. Remove from oven; cool. Remove all fat and any bones. Shred beef; return to pot. Combine ketchup, mustard, onion and garlic; add to beef and stir to blend. Reduce oven temperature

ONION BUTTERED GRILLED SIRLOIN

- 1/2 cup butter *or* margarine
- 1/4 cup minced fresh parsley
- 1/4 cup minced onion
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/2 teaspoon pepper
- 3 to 4 pounds sirloin steak (1-1/2 inches thick)

Combine first six ingredients in saucepan and heat (or microwave in glass container) until butter melts. Set aside. Slash edges of steak. Broil 3-4 in. from heat for 10-12 minutes on each side (for rare) or 14-16 minutes (for medium), brushing frequently with butter mixture. (Steak may also be grilled.) **Yield:** 6-8 servings.

to 300° and cook, covered, for up to 4 hours. Stir every half hour, adding water or ketchup as needed to keep well moistened. Serve on buns with onion and cheese. **Yield:** 12-14 servings.

Carol Wilson, Shingletown, California
Shredded Barbecued Beef

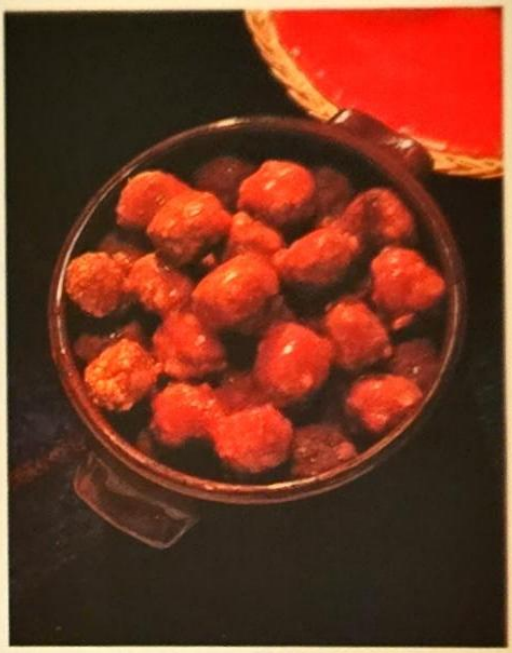
This is a dish I enjoy serving to company—and I get requests for it all the time. When I invite people over, they ask me, "You are having barbecued beef, aren't you?"

I grew up on a farm in New Mexico, so I'm used to cooking up big batches of hearty Western food. A friend gave me this recipe about 30 years ago. I have made a few minor changes here and there in it over the years, but the recipe's still basically the same—and it still makes one great-tasting meal!

Margaret Barrow, North Ogden, Utah
Onion Buttered Grilled Sirloin

For our family, nothing says summer like the aroma of steaks on the grill... and it's amazing how much tastier those steaks are when they're prepared with this sauce. In fact, my husband won a gas grill and the title "Cookout King" at the Utah State Fair using this recipe!

APPETIZER MEATBALLS

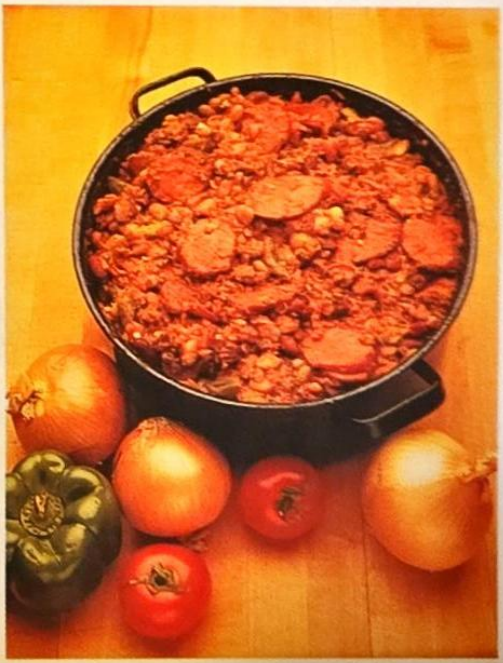


2 pounds lean ground beef
1 pound bulk pork sausage
1 can (5 ounces) evaporated milk
2 cups old-fashioned oats
1/2 teaspoon pepper
2 teaspoons chili powder
1/2 teaspoon garlic powder
2 to 3 teaspoons salt
2 eggs
1/2 cup finely chopped onion

SAUCE:

2 cups ketchup
1-1/2 cups packed brown sugar
1 teaspoon liquid smoke
1/2 teaspoon garlic powder
1/2 cup chopped onion

ONE-DISH MEAL



1/2 to 1 pound lean ground beef
12 ounces bacon, diced
1 cup chopped onion
1/2 cup chopped green onions
1/4 cup chopped green pepper
1/2 pound smoked sausage, sliced 1/4 inch thick
1 can kidney beans (16 ounces), rinsed and drained
1 can pork and beans (16 ounces), drained
1 can lima beans (16 ounces), rinsed and drained
1 cup cooked soybeans *or* great northern beans, drained
1 cup ketchup *or* chili sauce
1/4 cup honey *or* brown sugar
1 tablespoon liquid smoke, optional
3 tablespoons vinegar

Combine the first 10 ingredients; shape into 1-in. balls. Place in a single layer in a baking pan. Combine the sauce ingredients and pour over meatballs. Bake at 350° for 1 hour. **Yield:** 9 dozen.

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Nona Yohe, Rich Hill, Missouri
Appetizer Meatballs

Here in central Missouri, we raise a lot of cattle and hogs—and use recipes that call for beef and pork, such as this one.

These meatballs make a great appetizer. They're easy to prepare, since you just bake and serve them in the sauce. (If you and your guests like sauce, you may want to double the sauce recipe.)

1 teaspoon salt
1 tablespoon Worcestershire sauce
Dash red and black pepper

Brown ground beef in a skillet. Drain off fat; place in a slow cooker. Brown bacon; remove to paper towel. Drain fat from skillet; lightly brown onion, green onions and green pepper. Add to slow cooker with bacon and all remaining ingredients. Cover and cook on low for 4-6 hours. **Yield:** 12 servings.

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Ina Hooper, Elizabeth, Louisiana
One-Dish Meal

This recipe serves lots of people! It's perfect for family reunions—and with five grown children and five grandchildren, we have plenty of those!

I've changed the recipe quite a bit since I first found it. The variety of beans gives it an appealing look and a nice mix of flavors and textures.

THREE-ALARM CHILI

- 4 tablespoons vegetable oil
- 2 pounds beef stew meat, cut into 1/2-inch cubes
- 3 medium onions, diced
- 4 garlic cloves, minced
- 1 can (28 ounces) tomatoes
- 1 can (16 ounces) tomato sauce
- 1 cup water
- 3 tablespoons brown sugar
- 1 teaspoon dried oregano
- 3 tablespoons chili powder
- 2 teaspoons salt
- 1/4 teaspoon dried crushed red pepper
- 2 cans kidney beans (16 ounces *each*), rinsed and drained
- 1 large green pepper, diced
- 1 large sweet red pepper, diced

Heat oil in Dutch oven; brown beef on all sides. Drain well on paper towels. Cook

FINNISH PASTIES

CRUST:

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 cup lard
- 1 egg, beaten
- 1 teaspoon vinegar
- 5 tablespoons cold water

FILLING:

- 2 cups diced peeled potatoes
- 3/4 to 1 cup diced carrots
- 3/4 pound ground beef (can use part pork sausage)
- 1/4 cup diced onion
- 1-1/4 cups diced peeled rutabaga
- 2 tablespoons Worcestershire sauce

Salt and pepper to taste

- 1/4 teaspoon poultry seasoning

Butter *or* margarine

onions and garlic in oil; return meat to pan. Add the tomatoes, tomato sauce, water, sugar, oregano, chili powder, salt and red pepper. Bring to a boil over high heat. Reduce heat; simmer 1-1/2 hours. Add kidney beans and green and red pepper. Simmer, covered, until meat is tender. **Yield:** 12 servings.

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Lorie Pfeifer, Medicine Hat, Alberta
Three-Alarm Chili

My husband and I enjoy this chili often. I learned to make it in a high school home economics class. One thing I like is that it uses beef stew meat rather than the usual ground beef. And it sure lives up to its name!

1 egg, beaten
1 tablespoon water

Combine flour and salt in a mixing bowl; cut in lard. Blend in egg, vinegar and water. Chill dough. Meanwhile, combine potatoes, carrots, meat, onion, rutabaga, Worcestershire sauce, salt, pepper and poultry seasoning. Roll out dough into six to seven 6-in. rounds. Place about 1/2 cup of filling on half of each circle. Put a pat of butter on filling; fold other half of dough over filling and pinch edges to seal. Combine egg and water; brush over pasties. Make steam vents with fork. Bake at 375° for 15 minutes; reduce heat to 350° and bake 1 hour longer. **Yield:** 6-7 pasties.

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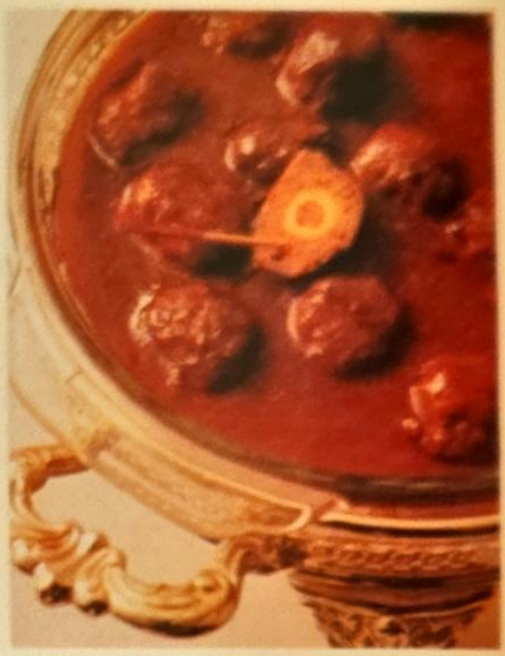
Ruth Myers, Manchester, Michigan
Finnish Pasties

This recipe is from my aunt, whose family came from Finland to settle in the Upper Peninsula of Michigan. Pasties make a real stick-to-the-ribs meal!

MOTHER ERTELT'S MEATBALLS



MEATBALLS:

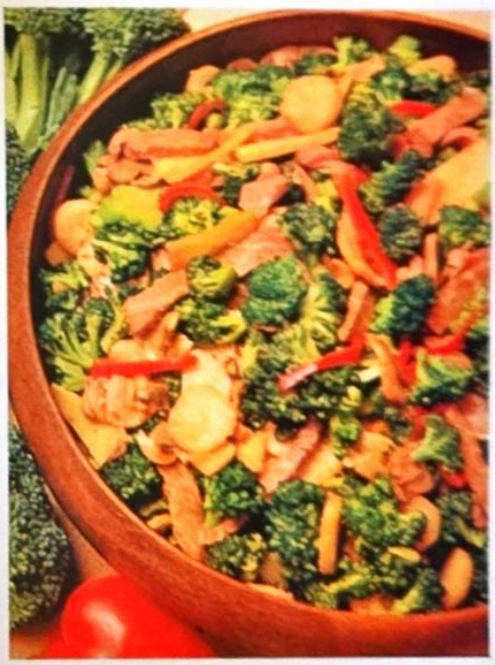
1-1/2 pounds lean ground beef
1 egg, beaten
1 envelope onion soup mix
3 tablespoons water
2 tablespoons Worcestershire sauce
Pitted ripe olives, stuffed green olives, cocktail onions *and/or* pineapple tidbits

SAUCE:

1 bottle (12 ounces) chili sauce
1 jar (18 ounces) grape jelly
1/4 cup lemon juice
3 tablespoons horseradish

Combine first five ingredients; mix well. Using about 1 tablespoon of meat mixture, form balls by covering each olive,

CHINESE BROCCOLI AND BEEF SALAD



3 to 4 pounds fresh broccoli
1/2 to 3/4 cup peanut oil *or* vegetable oil
2 sweet red peppers, cut in thin strips
4 cups sliced fresh mushrooms
1/2 cup white vinegar
1/4 cup soy sauce
1 to 2 teaspoons salt
1 teaspoon red pepper flakes
2 pounds rare roast beef, cut in thin strips
1 can (8 ounces) water chestnuts, drained and sliced
1 can (8 ounces) bamboo shoots, drained

Cut florets off broccoli; reserve tender parts of stalks. Cut stalks into 3/8-in.-thick slices. In wok or large skillet, heat

cocktail onion and pineapple tidbit. Place meatballs in a shallow baking dish; bake at 375° for 20 minutes. Combine sauce ingredients; pour over meatballs. Return to oven for 15 minutes or until the sauce thickens slightly. Serve from a chafing dish or slow cooker with wooden picks. **Yield:** about 30 meatballs.

Mother Ertelt's Meatballs
Earlene Ertelt, Woodburn, Oregon

My daughter took some of these meatballs back to her college dorm after a weekend at home, and after that her friends always asked her to bring more of "Mother Ertelt's Meatballs".

Later on, when she and her college sweetheart were married, I made up *50 pounds* of these meatballs to serve at the reception. There weren't any leftovers when it was over!

oil. Stir-fry stalks for about 1 minute. Add florets; stir-fry for 3 minutes or until crisp-tender. Transfer broccoli to large bowl. Stir-fry red pepper strips for 1-2 minutes; add to broccoli. Stir-fry mushrooms until crisp-tender; add to broccoli. Combine vinegar, soy sauce, salt and red pepper. Pour over broccoli mixture; toss well. Add the beef, water chestnuts and bamboo shoots. Toss; cover and chill 2-3 hours. **Yield:** 12 servings.

Karen Armstrong, Battle Ground, Washington
Chinese Broccoli and Beef Salad

The first time I tried this salad, my family finished up every bite. Since then, it's become a requested dish at potluck gatherings and church dinners.

If you prefer, use less red pepper to give the salad a milder flavor.

SPICY PICNIC PASTIES

PASTRY:
- 2 cups all-purpose flour
- 1/2 cup butter *or* margarine
- 1/2 teaspoon salt
- 6 to 7 tablespoons milk

FILLING:
- 3/4 pound ground beef
- 2 tablespoons chopped onion
- 1 tablespoon chopped green pepper
- 1 to 2 tablespoons chopped celery
- 1/4 teaspoon ground cumin
- 1/4 to 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 2 tablespoons barbecue sauce

Combine pastry ingredients as for pie crust, adding more milk if necessary to make dough. Divide the dough into

SWEET-AND-SOUR MEAT LOAF

- 1-1/2 pounds ground beef
- 1 cup dry bread crumbs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs
- 1 teaspoon instant minced onion
- 1 can (15 ounces) tomato sauce, *divided*
- 1/2 cup sugar
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 2 teaspoons prepared mustard

Mix together beef, bread crumbs, salt, pepper and eggs. Add onion and half of the tomato sauce. Form into a loaf in a 9-in. x 5-in. x 3-in. pan. Bake at 350° for 50 minutes. In saucepan, com-

Virginia Doyle, Fairfield, Pennsylvania
Spicy Pecan Patties

Debbie Hanaka, Stafford, Kansas
Sweet and Sour Meat Loaf

WESTERN BEEF AND CORN CASSEROLE

FILLING:

- 1 pound ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1 cup (4 ounces) shredded cheddar *or* American cheese
- 1/2 cup hickory-flavored *or* regular barbecue sauce
- 1-1/2 cups (12 ounces) canned Mexicorn whole kernel corn, drained
- 1 can (8 ounces) tomato sauce

CRUST:

- 1 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 cup butter *or* margarine

CHEESEBURGER ONION PIE

- 1 tablespoon vegetable oil
- 1 pound mild white onions, sliced and quartered to make 3 cups
- 1 pound ground beef
- 1/3 cup ketchup
- 2 teaspoons prepared mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cans (8 ounces *each*) refrigerated crescent rolls
- 1 cup (4 ounces) shredded cheddar cheese
- 2 eggs, beaten

GLAZE:

- 1 egg yolk, beaten
- 1 tablespoon water

Heat oil in a skillet over medium heat. Add onions; cook, covered, for 10 minutes, stirring occasionally. Remove

1 cup (4 ounces) shredded cheddar or American cheese, *divided*
1/2 cup milk
1 egg, beaten

Brown ground beef; drain. Stir in the remaining filling ingredients and set aside. To make the crust, stir together flour, cornmeal, sugar, salt and baking powder; cut in butter. Blend in 1/2 cup of cheese, milk and egg. Spread crust mixture over the bottom and sides of a greased (not oiled) 9-in. square baking pan. Pour filling into crust. Bake at 400° for 25-30 minutes; sprinkle with remaining cheese during last few minutes of baking. **Yield:** 6-8 servings.

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Deb Poitz, Fort Morgan, Colorado
Western Beef and Corn Casserole

This easy-as-pie main dish is filed at the front of my recipe box! My husband really likes its Western flavors of beef, corn and wheat...especially since we raise the last two ingredients here on our family farm!

and set aside. In the same skillet, brown ground beef; remove from the heat and drain off fat. Stir in ketchup, mustard, salt and pepper; set aside. On floured surface, unroll dough from one can of rolls. Press together perforations and roll dough to a 12-in. square. Place dough in a 9-in. quiche dish, tart pan or pie plate; trim to 1 in. beyond edge of dish. Spoon meat mixture into dish. Sprinkle with cheese; top with onions. Pour eggs over onions. Unroll remaining dough; press together perforations and roll out to an 11-in. square. Place on top of onion layer; trim and pinch together with bottom dough layer. Combine glaze ingredients; brush over top. Bake at 350° for 40 minutes or until browned. Let stand 10 minutes before cutting. **Yield:** 8 servings.

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Sharon Jakovac, Salmon, Idaho
Cheeseburger Onion Pie

My husband and I raise cattle, so we always have plenty of ground beef in the freezer.

This recipe has become one of my standbys—it's a great change of pace from a casserole or meat loaf. It's easy to make, looks (and tastes) delicious and travels well to a potluck.

SWEDISH MEATBALLS

1-2/3 cups evaporated milk, *divided*
2/3 cup chopped onion
1/4 cup fine dry bread crumbs
1/2 teaspoon ground allspice
1/2 teaspoon salt
Dash pepper
1 pound ground round
2 teaspoons butter *or* margarine
2 beef bouillon cubes
1 cup boiling water
1/2 cup cold water
2 tablespoons all-purpose flour
1 tablespoon lemon juice

Combine 2/3 cup evaporated milk, onion, crumbs, allspice, salt and pepper. Add meat; mix well. Chill. Shape into 1-in. balls. In large skillet, brown meatballs in butter. Dissolve bouillon cubes

SUPER NACHO APPETIZER

1/2 pound ground beef
1/2 pound chorizo (Mexican sausage)
1 can (31 ounces) refried beans
1 can (4 ounces) chopped green chilies, drained
3 cups (12 ounces) shredded cheddar cheese
3/4 cup bottled taco sauce
3 large ripe avocados
1 tablespoon fresh lemon juice
1/4 teaspoon garlic salt
1 cup (8 ounces) sour cream
1 medium tomato, chopped
1/2 cup pimiento-stuffed green olives, sliced
Additional cheese for garnish
Tortilla chips

in boiling water; pour over meatballs and bring to a boil over medium heat. Cover; simmer for 15 minutes. Meanwhile, blend together cold water and flour. Remove meatballs from skillet; skim fat from pan juices and reserve juices. Stir remaining evaporated milk and flour/water mixture into pan juices in skillet; cook, uncovered, over low heat, stirring until sauce thickens. Return meatballs to skillet. Stir in lemon juice. **Yield:** about 3-1/2 dozen.

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Emily Gould, Hawarden, Iowa
Swedish Meatballs

I'm a "Svenska flicka" (Swedish girl) from northwest Iowa, where many Swedes settled at the turn of the century. This recipe was given to me by a Swedish friend. It's obviously a 20th-century version of a 19th-century favorite, since back then they didn't have bouillon cubes or evaporated milk! I think you'll agree that these modern-day "Kottbullar" are very tasty.

Brown beef and sausage together; drain well. Layer the meat, refried beans, green chilies, cheese and taco sauce in a greased 13-in. x 9-in. x 2-in. baking pan. Bake at 400° for 20 minutes. Meanwhile, make guacamole: Peel and pit avocados, mash with lemon juice and salt. Remove nacho mixture from the oven; let cool about 5 minutes. Top with layers of guacamole, sour cream, tomato, olives and cheese. Serve with tortilla chips. **Yield:** 30 appetizer servings.

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Connie Bolton, San Antonio, Texas
Super Nacho Appetizer

Mexican food is popular for potluck gatherings here in South Texas, and this dish always brings "oohs" and "aahs". It's usually served as an appetizer, but is hearty enough for a main course along with a salad and Spanish rice.

FLANK STEAK WITH PEPPERS

1 beef flank steak (about 1-1/2 pounds)
1 large garlic clove, crushed
Juice and grated peel of 1 lime
2 teaspoons leaf oregano
1-1/2 tablespoons olive oil *or* vegetable oil
1 teaspoon salt, optional
Freshly ground black pepper
1 large green pepper
1 large sweet red pepper
1 large yellow pepper

Place steak in a heavy plastic bag. Combine garlic, lime juice and peel, oregano, oil, salt and pepper. Pour over steak; turn to coat. Seal bag and refrigerate overnight. Grill steak and char peppers over hot coals. Cook steak about 10 minutes per side for

TEXAS CHILI

2-1/2 pounds cubed beef stew meat
Beer (enough to marinate the beef)
1/2 cup cooking oil
1 cup chopped green pepper
1 cup chopped onion
4 cups chopped fresh tomatoes
1-3/4 cups tomato sauce
5-1/2 cups cooked pinto beans, drained
2 tablespoons chili powder
4 teaspoons ground cumin
4 teaspoons salt
1-1/2 teaspoons garlic salt
1 teaspoon dried oregano
1/4 cup chopped jalapeno peppers*
5 teaspoons hot pepper sauce*

(*This is a medium hot chili—reduce jalapeno peppers and hot pepper sauce for a milder chili.) Marinate beef in

medium doneness. Turn peppers until skins are charred and blackened; place peppers in a paper sack, close and allow to steam for about 10 minutes. Remove skins; slice into strips and keep warm. Place steak on warm platter; let stand a few minutes before slicing. **Yield:** 4 servings.

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Sandra Wright, Embudo, New Mexico
Flank Steak with Peppers

My husband and I are beef eaters, and this dish is one we like for entertaining family and friends—it's easy to prepare and looks and tastes great. A simple marinade tenderizes the steak for grilling, and colored peppers alongside add spicy, smoky flavors and bright colors. It's a very pretty dish.

beer for at least 8 hours. Drain beef; pat dry on paper towels. Brown in hot oil in a large kettle. Add green pepper, onion, tomatoes, tomato sauce and beans; cook on medium heat for 1 hour; add spices, jalapeno peppers and hot pepper sauce; cook 2 hours longer. **Yield:** about 4 quarts.

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Sylvia Dorr, Stratham, New Hampshire
Texas Chili

My chili is actually one of my boss's recipes. He has received requests for it from people in Maryland, Texas and many other states.

Since his work takes him all over the country, he meets a lot of people and he enjoys sharing his cooking skills with them. Cooking is a relaxing hobby he enjoys tremendously.

I know you'll enjoy it!

MARINATED IOWA BEEF

1 envelope Good Seasons Zesty Italian Salad Dressing mix
1/4 cup olive oil
1/3 cup tarragon wine vinegar
1/2 teaspoon meat tenderizer, optional
1 beef chuck roast *or* thick sirloin (3 to 4 pounds)

Combine dressing mix, oil, vinegar and meat tenderizer if desired. Pour a small amount (enough to cover the bottom) into a 13-in. x 9-in. x 2-in. baking pan. Place beef in pan; top with remaining marinade. Pierce meat generously with sharp fork; turn meat and pierce again. Cover; refrigerate for at least 8 hours or overnight, piercing and turning meat often. Before cooking, let beef come to

MOZZARELLA MEAT LOAF

1-1/2 pounds lean ground beef
1/2 cup dry bread crumbs
1 egg, beaten
1 teaspoon instant minced onion
3/4 teaspoon salt
1/2 teaspoon leaf oregano
1 can (8 ounces) tomato sauce, *divided*
1-1/2 cups (6 ounces) shredded mozzarella cheese
1 can (4 ounces) sliced mushrooms, drained

In a large bowl, combine beef, crumbs, egg, onion, salt and oregano. Stir in 3/4 cup tomato sauce; set aside. Cut two pieces of waxed paper 15 in. long. Place meat mixture in center of one piece; cover with second piece. With a

room temperature. Grill over medium coals for about 6 minutes per side for medium-rare cuts 1 in. thick; 8-9 minutes per side for thicker cuts. Serve with sliced tomatoes and sweet onions if desired. **Yield:** 6-8 servings.

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Shary Geidner, Clear Lake, Iowa
Marinated Iowa Beef

I grew up eating Iowa beef. This tasty, mouth-watering recipe was one of my favorites as a child, and I've been making it for years as an adult!

rolling pin, press meat into a 13-in. x 9-in. rectangle. Remove top sheet of waxed paper. Sprinkle cheese and mushrooms over meat; top with remaining tomato sauce. Roll up meat, jelly-roll fashion, starting at narrow end and using waxed paper to help. Seal ends securely. Place with seam side down in a nonstick 9-1/4-in. x 5-1/2-in. x 2-3/4-in. loaf pan. Bake at 375° for 30 minutes. Drain off any fat; return to the oven for 30 minutes. **Yield:** 10 servings.

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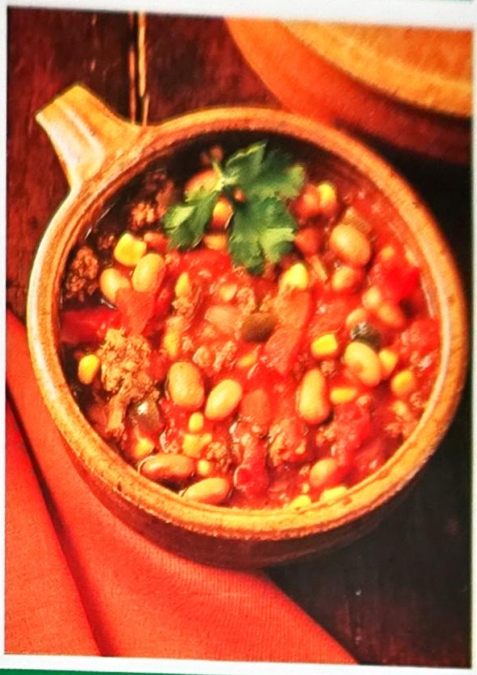
Myra Innes, Auburn, Kansas
Mozzarella Meat Loaf

My husband doesn't even like meat loaf, but he'll always eat this one! He likes it because it offers a wide variety of flavors.

SOUTHWEST STEW



- 2 pounds ground beef
- 1-1/2 cups diced onion
- 1 can (28 ounces) tomatoes with liquid, chopped
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (17 ounces) whole kernel corn, drained
- 1 cup mild, medium *or* hot picante sauce
- 3/4 cup water
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- Salt to taste
- Shredded cheddar cheese, optional

VEGETABLE BEEF KABOBS

- 1-1/2 pounds boneless beef sirloin
- 2/3 cup dry white wine *or* beef broth
- 1/3 cup soy sauce
- 2 tablespoons vegetable oil
- 1 teaspoon grated gingerroot *or* 1/4 teaspoon ground ginger
- 1 garlic clove, minced
- 1/2 teaspoon dried tarragon
- 18 small whole onions
- 3 to 4 small zucchini, cut in 1-inch bias-sliced pieces
- 2 large sweet red peppers, cut in 1-inch pieces

Cut beef into 1-1/4-in. cubes; place in a self-sealing plastic bag. In a small bowl, combine wine or broth, soy sauce, oil, ginger, garlic and tarragon; pour over

In skillet, brown beef and onion. Drain fat. Add remaining ingredients except cheese and bring to a boil. Simmer, covered, for 15-20 minutes. Garnish with cheese if desired. **Yield:** 8 servings.

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Lois McAtee, Oceanside, California
Southwest Stew

Our whole family loves foods spiced with picante sauce, so I developed this recipe. This dish is very quick and easy to make, and it also reheats well. Sometimes I add sliced cooked potatoes to the stew for a little variety.

meat in bag. Seal bag and let stand at room temperature for 45 minutes. Drain meat, reserving marinade. Thread meat, onions, zucchini and red pepper alternately on six skewers. Grill over medium-hot coals, turning occasionally and basting with the marinade. Cook about 12 minutes or until the meat and vegetables reach desired doneness. **Yield:** 6 servings.

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Mynie Lou Griffith, Hutchinson, Kansas
Vegetable Beef Kabobs

This is a recipe that makes good use of our delicious Kansas beef. I like to grill outdoors, so these kabobs are especially popular in our home.

SALLY'S WEST COAST CHILI

- 1 pound bacon, diced
- 2 pounds beef stew meat, cut into 1/4-inch cubes
- 2 medium onions, chopped
- 4 garlic cloves, minced
- 1 cup barbecue sauce
- 1 cup chili sauce
- 1/2 cup honey
- 3 cans (16 ounces *each*) whole tomatoes, chopped
- 4 beef bouillon cubes
- 1 bay leaf
- 1 tablespoon chili powder
- 1 tablespoon unsweetened baking cocoa
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1-1/2 teaspoons ground cumin

MAPLE/ALMOND BEEF

- 2 tablespoons cooking oil
- 3 garlic cloves, minced
- 2 pounds round *or* sirloin steak, cut into thin strips
- 1/2 medium onion, thinly sliced
- 1 sweet red pepper, cut into strips
- 1/2 cup maple syrup
- 1/3 cup red wine vinegar
- 2 tablespoons soy sauce
- 2 tablespoons cornstarch
- 3/4 cup frozen tiny peas, thawed
- 1/2 cup slivered almonds
- Cooked rice

In large skillet or wok, heat oil on high. Saute garlic 1 minute. Add meat; cook until browned. Stir in onion and red pepper. Cover and steam until vegeta-

1/4 teaspoon cayenne pepper, optional
3 cans (16 ounces *each*) kidney beans, rinsed and drained
Shredded cheddar cheese

In a large kettle or Dutch oven, cook bacon until crisp; remove to paper towel to drain. Drain all but 3 tablespoons drippings. Brown stew meat in the drippings. Add onions and garlic; cook until onions are soft. Return bacon to kettle. Add all the remaining ingredients except kidney beans and cheese. Bring to a boil; reduce heat. Cover and simmer until beef is tender, about 3-4 hours. Add beans and heat through. Top each serving with cheese. **Yield:** 4 quarts.

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Sally Grisham, Oxnard, California
Sally's West Coast Chili

We often have chili cook-offs at our church, so we trade lots of different recipes. I was always mixing and matching ingredients and experimenting, trying to come up with an original recipe that would be a little different. That's how I developed this one, and I never fail to get compliments on it!

bles are crisp-tender, about 7 minutes. While the vegetables cook, combine syrup, vinegar, soy sauce and cornstarch; stir into beef mixture. Heat and stir until thickened. Add peas and almonds; heat through. Serve over rice. **Yield:** 6-8 servings.

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Valerie Witt, Centralia, Washington
Maple Almond Beef

This recipe mixes the country goodness of beef and pure maple syrup with Oriental flavors. The result is delicious! This dish not only tastes wonderful, but looks pretty sitting atop a bed of fluffy white rice.

THE COUNTRY COOKING

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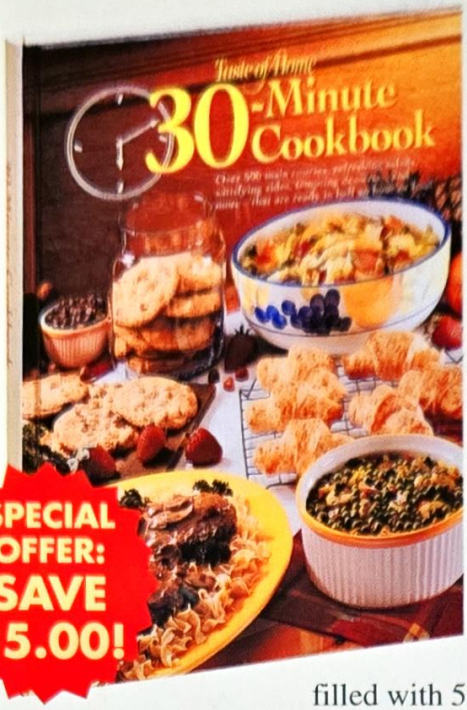

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